



EGD and Colonoscopy Prep

Over 50 kg (>110 lb)

PROCEDURE LOCATION

Surgery Center of Carmel

12188-A N Meridian St #150, Carmel, IN 46032
Surgery Center phone: (317) 569-8250

Arrive 1 hour before your scheduled procedure

Scan for Google
Maps



What Are These Procedures?

Your child is scheduled for **two procedures done back-to-back** while asleep under anesthesia:

- **EGD (upper endoscopy)** – a thin camera is passed through the mouth to look at the esophagus, stomach, and the first part of the small intestine. Small biopsies are usually taken.
- **Colonoscopy** – the same kind of camera is passed through the bottom to look at the large intestine. Biopsies are usually taken here too.

Both procedures together take about **30–60 minutes**. Your child will not feel anything. The colonoscopy needs the bowel-prep medicines below; the EGD only needs the fasting times. Follow both.

✓ Plan Ahead (buy at least 2 days before)

Buy these items at least 2 days before the procedure. Check the **active ingredient** on the label – brand-name shortcuts can lead to the wrong product.

| Active ingredient / Item | What to get |
|--|--|
| Bisacodyl 5 mg tablets (Dulcolax or store-brand generic) ⚠ NOT Dulcolax liquid or soft-chews | 4 Dulcolax 5 mg tablets (20 mg total) |
| Polyethylene glycol 3350 (MiraLAX, Costco ClearLax, Equate, or any store brand) ⚠ NOT MiraLAX chewables | At least 14 capfuls (~238 g, 1 full bottle) of powder |
| Gatorade or Powerade (any color except red or purple) – for mixing with the MiraLAX powder | At least 64 oz (~1900 mL) |
| Skin protection – protective ointment (Desitin or Vaseline) for anal-area comfort | 1 tube |

Medications: please prepare a list of the medicines your child is taking and ask which ones may need to be stopped. **Stop iron supplements and anti-diarrhea medicines 7 days before.**

⚠ Was your child prescribed a pre-cleanout for constipation?

If your doctor told you to start a pre-cleanout, give your child MiraLAX daily – **5–6 capfuls (75–100 g) mixed into 40–48 oz of juice, water, or Gatorade** – for 3–5 days **before** starting the regular prep timeline below. If you are not sure whether your child needs a pre-cleanout, message us through the patient portal or call the office.

17 3 Days Before — Low-Residue Diet

| AVOID | OK to eat |
|---------------------------|---------------------------------------|
| Whole grains, nuts, seeds | White rice, pasta, potatoes (no skin) |
| Raw fruits and vegetables | Bananas, melons, cooked veggies |
| Corn, beans, popcorn | Eggs, chicken, fish, yogurt, pudding |

17 2 Days Before the Procedure

- At bedtime** Give Dulcolax tablets — **2 tablets (10 mg)** — with a sip of water.
- Evening — prep only** **Prepare only — do NOT drink yet.** Mix MiraLAX (**14 capfuls / 238 g**) into Gatorade (**64 oz**). Shake, refrigerate overnight. Your child will drink this **tomorrow**.

If you forget the Dulcolax, you can give it the day of bowel prep, with or just before the MiraLAX.

17 1 Day Before — Low-Residue Through Lunch

After 2:00 PM — clear liquids only.

| AVOID | OK to eat / drink |
|---|--|
| RED or PURPLE drinks or foods | Water, apple juice, white grape juice |
| Dairy (milk, yogurt, ice cream); juices with pulp | Lemonade, clear soda, clear broth |
| Any solid food | Popsicles, plain Jell-O, tea/coffee without milk |

🍯 Prep medicine (afternoon / evening)

Best to start right after school — don't delay too long, or your child may not finish before bedtime.

- 3:00 PM** Give Dulcolax tablets — **2 tablets (10 mg)** — with a sip of water, then start the MiraLAX solution — **14 capfuls (~238 g, 1 full bottle) of MiraLAX in 64 oz (~1900 mL) of Gatorade** — from the fridge. Have your child drink **8 oz (~250 mL) every 30 minutes** until finished.

Tips for drinking the MiraLAX: drink each cup **fast** (don't sip slowly — quick drinking helps the stomach empty and reduces nausea). Cold is easier — that's why we refrigerated it overnight. If your child can't keep up, pause 30 minutes and resume. If your child vomits, wait 30 minutes and restart at a slower rate.

- **Expect diarrhea** — this is normal and means the prep is working.
- Keep giving clear liquids throughout the day.

17 Day of Procedure

- **Clear liquids only after 2 PM the day before.** No solid food.
- **Keep your child well-hydrated** — offer small sips of clear liquids every 30–60 minutes through the prep day. Each drink: no more than **8 oz (~250 mL)**. Frequent small drinks beat occasional large ones — better hydration, easier on the stomach.
- **Stop all clear liquids 2 hours before the procedure.**
- Bring comfort items for your child (toy, blanket, tablet, etc.).
- The EGD is done first (through the mouth), then the colonoscopy. Both happen during the same nap.

⚠️ If the bowel prep is not followed exactly, the colonoscopy may be delayed or canceled. The EGD does not need bowel prep, but the fasting rules apply to both.

Helpful Resources & Questions



Prep video
Example only — follow this
handout, not the video.



Patient portal
Message us
Urgent: (317) 338-9450



GIKids.org
General info on pediatric GI
procedures.

Low-Residue Diet — Sample Meals

Meal ideas for the low-residue (“white”) diet. Continue this diet for the 3 days before the procedure, through lunch the day before. After 2:00 PM the day before, switch to clear liquids only — no dairy.

Breakfast (morning)

- Scrambled eggs
- White toast with butter
- Banana
- Yogurt (no seeds or berries)
- Apple juice

Lunch (~noon)

- Plain chicken sandwich on white bread (no veggies)
- Mac and cheese
- White rice with chicken
- Plain pasta
- Applesauce
- Vanilla pudding

After lunch (~2:00 PM onward)

- Clear liquids only (see page 1 for allowed drinks)
- No more dairy — milk, yogurt, ice cream, etc.

Questions? Message us through the patient portal (preferred) or call (317) 338-9450 for urgent issues.